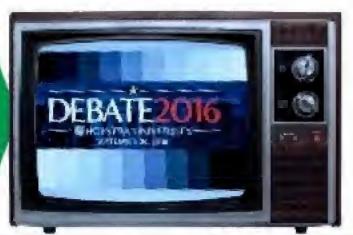
Everything you need to know for Trump-Clinton showdown metroNEWS





WHY OWNING A HOME (maybe) ISN'T WHAT YOU NEED metroLIFE

Winnipes Arnold Palmer, 'King of Golf,' dies at age 87 McDonald's Palmer of Golf,' dies at age 87 McDonald's



Jaylene Johnson will play a CD release party for her record at St. Margaret's Anglican Church on Sept. 29. contributed

Taser found: But questions still remain

POLICE

Weapon went missing after incident at nightclub Sept. 3



Lucy Scholey Metro Winnipeg

How many times was a stolen police Taser fired?

That's what Winnipeg police are left wondering, after recovering the missing weapon in the early hours of Saturday morning.

The suspect fired the Taser into a crowd outside the District Stop, an Exchange District nightclub, at around 2 a.m., causing the partiers to disperse. The suspect then fled in a vehicle. No one was injured.

Police arrived and managed to track down the suspect, 19-yearold Zekariyas Sirak, in a suite at the Mayfair Place. Sirak now faces several charges, including assault with a weapon, unauthorized possession of a firearm, and possession of a prohibited weapon obtained by crime.

The Taser first went missing following an altercation outside the same nightclub on Sept. 3. Police officers in a general patrol unit happened to be passing the Bannatyne Avenue locale when they spotted a large crowd fight. While trying to break it up, police noticed a man was injured. They tried to treat him, but as the crowd grew agitated, they fired off the Taser, and dropped it in the mayhem. They believe the weapon was stolen at that time.

"This individual picked it up and away he went," said Const. Jason Michalyshen, a spokesman for the Winnipeg police.

Apart from the incident on Saturday, police are investigating whether the Taser was fired over the course of its 20-day absence.



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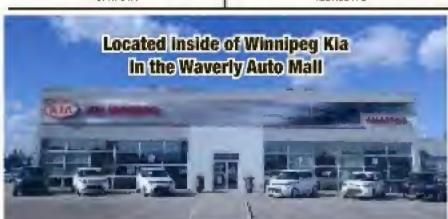


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Trouba trouble at training camp

HOCKEY

Why the defenceman may never play as a Jet again



A Winnipeg Jets first-round pick and a key part of the team's highly touted draft-and-develop strategy is not reporting to training camp because he's unhappy with where he's playing.

Following a long contract negotiation stalemate over the summer, restricted free agent Jacob Trouba, 22, told TSN he wants to "play on the right side" to realize his potential.

Since being selected ninth overall in the 2012 draft, Trouba has accrued 23 goals and 49 as-

sists in 211 regular season games with the Jets. But according to the man himself: "Some-

times you just

have to put yourself first."

Apparently, to right-handed Trouba, getting top-four defenceman minutes – on the left side of the rink – doesn't allow him to play his best hockey.

"This is about me getting the chance to be the best player I can be," he told TSN.

"I've worked hard to get this far. I don't want to look back in 20 years and wish I hadn't just gone with the flow."

Coach's corner

But what exactly is the benefit to a right-handed defenceman like Trouba getting right-side rink time?

Ryan Didoshak, who coaches the AAA Winnipeg Hawks, said the right-side is a coveted spot because it optimizes the player's ability to be effective moving the puck in all three zones: defensive, neutral and offensive.

"On the right side it's easier to (pass from) D-to-D, regroup, use the stick effectively on the boards," he said.

Didoshak explained that in the neutral zone, "the most contested area" in today's fast-paced game, defencemen are often rushed to make a pass up the ice.

A right-handed defenceman playing on the left side needs to turn their body and open themselves up, which takes more time and makes it easier for the opposition to read and interrupt the play.

"(frouba) knows he's a strong, big body who can move the puck—he wants to play where he's most comfortable to not only improve his stats but help the team win, that's why he'd want to play on the right," Didoshak said.

As well, skating on their strong side in their own zone allows a D to easily chip the puck

up the boards with a forehand.
So that may be why Trouba wants the right side — to play a puck-moving game more efficiently – but why isn't he playing there if he thinks it suits him best?

"From a coach's perspective, you want your top four defencemen playing top four roles," Didoshak explained. "Your first pairing will take 40 to 45 per cent of the game time... your second pairing is taking 30 to 35 per cent."

On the depth chart, Didoshak figures Jets coach Paul Maurice is spot-on giving Trouba top-four minutes. But also in the topfour are two other big-bodied righties: Tyler Myers and Dustin Byfuglien.

For Trouba to get right-side ice time, he'd need to outplay those two or be demoted to the

third line, where he'd get far less ice time and vital experience to develop and reach his potential.

"When you're weaker on the left side like the Jets are, and you have a defenceman who needs reps in the game (and other strong right-side players), the only way he's going to see those minutes is on the left side," Didoshak said.

"There are reasons he'd want to play the right, but you'd rather have a right-handed shot playing a top-four role than forcing a weaker or less polished D into it."

So, still without a contract, the Trouba stalemate continues in Winnipeg without him stepping onto the ice, and perhaps — if another team meets his demands and inks a deal—he'll never step on the ice in Winnipeg again.

At least, not as a Jet.



Mad to rad: Band riffs off '90s rock album moniker

Nod to heroes the Smashing **Pumpkins**

Nigel Moore For Metro | Winnipeg

Sometimes your '90s alternative rock heroes leave you hanging, despite your best efforts.

Toronto-based indie-rock quartet Tokyo Police Club, which will play the Garrick Centre Tuesday, named their 2016 double-EP set Melon Collie and the Infinite Radness a nod to Chicago alt-rockers the Smashing Pumpkins' 1995 magnum opus Mellon Collie and the Infinite Sadness.

On the phone from Iowa, Dave Monks — vocalist and bassist for Tokyo Police Club - said the band has not yet heard from Billy Corgan, the Smashing Pumpkins' lead genius-curmudgeon.

"We all were teenagers in the '90s and that culture left an imprint on our brains. That's where it came from. But unfortunately, nothing," said Monks, calling from the road. "I would love if he were pissed off, but no."

Monks, with drummer Greg Alsop, keyboardist Graham Wright and guitarist Josh Hook released their own Melon Collie Part 2 last Friday, to complete a 10-track cycle of uplifting, optimistic indie-rock anthems. (Part 1 was released last April.)

"We started into this project at the top of 2015; that was right after (2014 LP) Forcefield had begun to wind down and we were in a different spot," said Monks.

"Greg and I had just moved to the U.S. and so we had new international communication barriers with the band.

"The music came together in a different way, in a more spontaneous, flying by the seat of our pants way.*

"I think that as the music started to coalesce, we decided that putting them into two EPs would frame them more as snapshots of what we were into, rather than coming up with a grand statement."

After 10 years as a band. Monks said he and his bandmates are still excited.

"I don't think anybody when they're 18 has any concept of what 10 years is," he

"I didn't know! Back then, you still think in terms of forever. You think in terms of, 'Me, and forever, and this is what we'll do' because it's dope. Or awesome, as we said at the time."

Tickets are \$29.50 at Ticketmaster.



The members of Toronto indie-rock band Tokyo Police Club are neither Japanese, nor law enforcement officers. CONTRIBUTED/LIVE NATION

Songwriter emerges from the shadows with first album





You could say it has been a year of two miraculous births for Jaylene Johnson.

For one, the Winnipeg-born singer-songwriter created her first album, Potter & Clay, after regaining her voice from severe vocal damage.

The other is a literal birth she delivered a baby girl after learning her and her husband would unlikely ever bear children.

"I realize how privileged I am to do another record," she said, speaking on the phone days before she's set to tour her 12-song record across western Canada, with baby and husband in tow.

Potter & Clay, available Oct. 7, is part painful country, part

hopeful gospel, with a tinge of jaunty piano and haunting steel guitar.

"How long will I stay here in the shadows?" Johnson croons in How Long.

"When will the pain be gone?"

She likens the songs to prayers, testimonials and confessions, detailing what has been a difficult decade for the musician.

In 2004, after wrapping up a tour in Thunder Bay, Johnson was involved in a head-on collision that kept her off the road for a few years. A routine surgery in 2012 damaged her vocal chords, leaving her depressed and struggling to sing for the next year and a half.

"I would not say my challenges are any greater than anyone else's, but I went through some

pretty dark times," she said. A Toronto specialist later treated her for a hairline scar on one of her vocal chords. And Johnson found her voice again.

After a conversation with acclaimed artist Steve Bell, Johnson decided to dig into her spiritual song-writing roots.

She rented a cabin and set an ambitious goal to write two songs a day for one week.

"The songs poured out," she

A Christian, Johnson said Potter & Clay marks her most overtly spiritual undertaking, to date.

"It sounds cliché, but God is my strength," she said.

The record release party for Potter & Clay will be Thursday at the St. Margaret's Anglican Church at 160 Ethelbert St. Tickets cost \$15 and are available at www.jaylenejohnson.com, Hull's Family Bookstore, Into the Music, Music Trader, St. Margaret's or saint benedict's table.

B.C. goes wild for Royals

Will and Kate continue charming B.C. after touching down in Vancouver

The Duke and Duchess of Cambridge continued to charm Canadians on the second day of their visit to British Columbia and Yukon on Sunday.

The couple, without Prince George and Princess Charlotte, left Victoria on a float plane and arrived at Vancouver's Jack Poole Plaza, where several hundred royal fans gave them a noisy welcome.

British Columbia Premier Christy Clark, Vancouver Mayor Gregor Robertson and representatives of First Nations greeted them on the wharf.

The royal couple were dressed semi-formally for their visit to Vancouver, with William wearing a blazer and tie. Kate was wearing a red-andwhite patterned dress by the late British designer Alexander McQueen, with her hair down, red shoes and a red purse.

The pair walked down a pathway through the crowd shaking hands and taking flowers, as well-wishers frantically snapped photos on their iPhones and cameras.



Prince William and Justin Trudeau admire a drum the prince was given.

Will greeted one side of the crowd while Kate spoke on the other. Both spent time talking with people and appeared to be trying to shake hands with everyone they could. As the pair finally got into a vehicle and left in a motorcade, there were cheers and cries of "Kate! Kate!"

Prince William told thou-

sands at the legislature shortly after their arrival Saturday that he and Kate want to meet as many Canadians, from as many walks of life, as possible during their visit.

The couple's first stop was to the city's gritty Downtown Eastside, where they met several mothers and their children who are part of a unique program for women with children or who are pregnant and also have drug and alcohol addictions.

A small crowd gathered outside the outreach centre in hopes of seeing or even speaking with the duke and duchess.

Tamara Gardner, from the Vancouver suburb of Maple Ridge, brought along her 15-year-old daughter, Victoria, for the visit.

The pair held a bright neon sign with a picture of the Queen, taken at Windsor Castle on Easter Sunday.

"It's very exciting," Gardner said. "And it's special to see them with my daughter." THE CANADIAN PRESS



Calgary team 'lost family'



Mathew Silver For Metro | Calgary

The Calgary Stampeders are mourning the loss of an important family member.

Mylan Hicks, 23, was shot and killed outside of a Calgary nightclub early Sunday morning, while several members of the team celebrated Saturday's win against the Winnipeg Blue Bombers.

Joshua Bell, a 31-year-old Stampeders veteran, had a close relationship with Hicks on and off the field. He said that he left the nightclub before the shooting occurred.

"We lost family today," Bell said. "Everybody doesn't react



Mylan Hicks THE CANADIAN PRESS

the same but we lost family today, we're hurting."

Team president and general manager John Hufnagel described Hicks as exactly the type of player you want in your locker-room.

"Obviously this is an extremely difficult and upsetting time for the players and staff," said Hufnagel, "It's a temble tragedy."

Police responded to a report of gunshots at about 2:30 a.m. local. time, and transported Hicks to hospital in life-threatening condition. He later died as a result of his injuries.

Three suspects have been taken into custody following the incident, which the Stampeders described as an "act of violence" in an official statement. An autopsy is expected to be completed on Monday.

The former Michigan State Spartan had a brief stint with the San Francisco 49ers in May 2015, before landing with the Stampeders.



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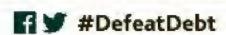
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IN BRIEF

Canadian hostage in Libya Ottawa has confirmed that a Canadian is among three people taken hostage in Libya earlier this week.

In a statement Sunday, Global Affairs spokesman Michael O'Shaughnessy says the Canadian government is "diligently pursuing all appropriate channels to obtain more information about this troubling incident."

THE CANADIAN PRESS

Bomb threats swamp Halifax

Police in the Halifax area say they responded to five bomb threats within about an hour Sunday. The RCMP say they received a call at about 1:30 a.m., then another after 2 a.m. Dalhousie University also received a threatening message, and Saint Mary's also received a bomb threat. Minutes later, police received reports of a threat against a library. Nothing suspicious was found. THE CANADIAN PRESS

Teen sent back to Canada

A teenager caught up in a double shooting in Florida that left his brother dead has been quietly deported to Canada following a standoff between U.S. federal authorities and the state judge who sentenced him. American immigration agents escorted Marc Wabafiyebazu from Miami to Montreal earlier this month where he was reunited with his mother. THE CANADIAN PRESS

A huuuge showdown

U.S. ELECTION

Hillary and the Donald to finally go head-to-head in war of words

Donald Trump. Hillary Clinton. Yelling at each other, for once, instead of about each other.

The presidential debate on Monday is the first one-on-one showdown between two unpopular candidates who have tried to make the election about the abject terribleness of the other. With a record television audience expected, it offers each of them a critical opportunity to repair a tarnished image and reshape a close race.

Here's what you need to

THE BASICS: Time: 9 p.m. to 10:30 p.m. Location: Hofstra University, Hempstead, N.Y.

THE FORMAT: Six 15-minute segments on topics chosen by moderator Lester Holt, two from each of the vague categories he announced last week: "America's Direction," "Achieving Prosperity" and "Securing America." Holt will begin each segment



Hillary Clinton and Donald Trump will have their first head-to-head debate Monday. THE ASSOCIATED PRESS

with a question. Both candidates will get two minutes to respond. Then they'll get a chance to respond to each other.

THE AUDIENCE: In Trumpese: huge. There is a chance the debate will be the most-watched campaign event in American history. About 70 million people

watched the first debate of 2012; a Fox News Channel executive told Adweek that he expects 80 million to watch this one. "I think there's a lot more at stake here than in a normal presidential debate," said Alan Schroeder, author of Presidential Debates: 50 Years of High-Risk TV.

THE CONTEXT: Clinton's once-large national lead has shrunken to two points over the last three weeks amid broad concerns over her honesty and, to a lesser extent, her health. She leads in enough swing states to give her a victory, but now just barely, and she is underperforming with millennials. Trump's problems are numerous: a majority of the electorate thinks he lacks the knowledge and temperament to be president, non-white people overwhelmingly see him as a racist, and he, too, is widely seen as dishonest.

HOW MUCH IT MATTERS:

Remember this during your hypothetical mid-debate and post-debate freakouts: whatever happens, even if it seems big, is unlikely to be the thing that decides the election; research suggests that massive debate "game-changers" more or less do not exist.

HOW THEY PREPARED: Like you'd expect them to: Clinton exhaustively, Trump sporadically.
FIVE PHRASES YOU WILL

PROBABLY HEAR FROM TRUMP: "Believe me," "Tremendous," "We don't win anymore," "I will fix it," "What do you have to lose?"

FIVE PHRASES YOU WILL PROBABLY HEAR FROM CLIN-TON: "Tax returns," "economy that works for all," "rise together," "dangerous," "Ronald Reagan."

TORSTAR NEWS SERVICE

Shocking bloodshed in Aleppo

At least 26 civilians were killed in fresh government airstrikes on the contested city of Aleppo, Syrian activists said Sunday, as the United Nations Security Council convened an emergency meeting on the spiraling violence in Syria.

At the start of that meeting the UN's top envoy to Syria accused the government of unleashing "unprecedented military violence" against civilians in Aleppo.

Hospitals are overwhelmed with casualties and medical workers are expecting many of the wounded to die from a lack of treatment, according to Mohammad Zein Khandagani, a member of the Medical Council, which oversees medical affairs in the city's opposition quarters.

"I've never seen so many people dying in once place," he said from a hospital in the city. "It's terrifying today. In less than one hour, the Russian planes have killed more than 50 people and injured more than 200." THE ASSOCIATED PRESS







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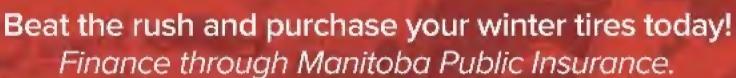
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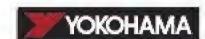






















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ROSEMARY WESTWOOD

McDonalds' Canada owes this Halifax teen an apology

What began as a good news story as devolved into a bonafide mess around the pivotal issue of trans employment, and a Halifax McDonald's has some explaining to do.

First, Kenny Cooley made international headlines: A trans teen welcomed onto, of all things, a football team.

Cooley found "a family" in one of the most gendernormative, hyper-masculine spaces in our society. "You feel like you're a brother," he told media of his spot as wide receiver for the Halifax West High School Warriors.

Then, two days after his story hit the news, he was fired from his job at Mc-Donald's.

Cooley told Metro News he was fired for a scheduling mix-up, and for all the media coverage he's earned. The McDonald's owner operator Bob Smith said the allegations are shocking, and "not true." The Halifax LGBTQ group the Youth Project is calling on franchise to give Cooley his job back and apologize.

That would be the obvious move. At the very least, Mr. Smith needs to explain why Cooley was let go, if it wasn't simply for being trans, and open about it. Especially when, for trans people in this country, a stable job is the kind of pivotal issue on which so much else depends.

Anyone with a passing interest in trans rights will know the well-documented employment discrimination. According to research from Trans PULSE in Ontario, the trans unemployment rate is at an incredible 20 per cent (it's 7 per cent nationally).



Kenny Cooley. JEFF HARPER/METRO

Only 37 per cent have fulltime jobs, and the median income of trans people in Ontario is a mere \$15,000.

The research found stories of trans people not getting jobs because of their gender, being fired or dismissed.

It's the kind of discrimination set to be made illegal under the Liberals' Transgender Bill of Rights, introduced last spring.

But it's not only a matter of human rights -- really, human dignity. The discrimination of trans Canadians is also bad for our economy.

A 2011 UCLA study into the economic impact of trans employment discrimination found that it cost the state of Massachusetts millions of dollars a year, plus at least \$3 million in additional healthcare expenditures.

Of course, for Cooley, this is personal, "It kind of made me feel really bad," he told Metro of losing his job, "It's not right."

No. And neither is the employment fate for so many other trans people in the country. But the truth is it's all too common.

TIMELINE **How Metro**

reached out to McDonald's Canada

Wednesday afternoon

Emailed McDonald's regarding allegations from Kenny Cooley. No response by 5 p.m.

Wednesday night

Metro went to Bedford location to speak with manager in question. Another employee said she wasn't available and we were asked to leave.

Wednesday night

Shortly later, a statement from franchise owner Bob Smith is released: "Shocked by these allegations as they are simply not true."

Wednesday night

Metro follows up with McDonald's to confirm Kenny Cooley was in fact no longer working for them. No response.

Thursday afternoon

Metro again emails McDonald's looking for response, including whether they will apologize to Cooley. No response.

Thursday afternoon

Thursday afternoon: Metro goes to Bedford location again to try and speak with manager. A different employee says she isn't there but takes our card and says someone will be in touch. No response.

PAni Castile

FORGOTTEN

URBAN ETIQUETTE ELLEN VANSTONE LIGHTNING ROUND

This week, in the interest of changing things up a bit, and offering fresh reminders about old issues, we decided to try a lightning round.

Is it OK to sit in the front seat of a taxi?

No. That's the driver's private domain, where you must not go without permission (e.g., when you're trying to squeeze in an extra person who won't fit in the back). While we're on the subject, when you're driving, always offer the front seat to the adults, and let kids and teens sit in the back seat.

Can I raid the fridge when babysitting?

If you're a teenager being paid less than minimum wage, help yourself to anything that is open, plentiful, non-alcoholic, and not likely to be missed. In return. make sure you leave the kitchen spotless. If you're a professional sitter, don't eat or drink anything unless you're also making it for the kids, or it's just a cuppa.

Can I raid the fridge when housesitting?

If the rules aren't laid out at the beginning, be discreet about what you eat. Eat up the perishables, then buy your own food. Nobody wants to come back and feel like their home has been raided by locusts.

Is it OK to take the last drop of milk for my coffee, or should I always leave a drop for the next person?

Take the last drop and dispense with the carton. It's not helping anyone to leave a single useless drop, especially if your ulterior motive is to avoid having to rinse out the container, put it into the recycling bin, and procure a new carton of milk.

What do I do if I forget someone's name in the middle of introducing them to someone else?

There is nothing to be done but apologize and admit it. The next step is to train every single person you know to follow this simple rule: When you are being introduced to someone, never wait for the person who's introducing you to come up with both of your names. Instead, leap in and say: "Hi! Nice to meet you! My name is [your name here!! What's your name?"

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Author argues homes aren't only way to build wealth



Genna Buck Metro Toronto

As a landlord, as a renter, and as an analyst at CIBC, Alex Avery has observed a culture, Canada-wide, of what he calls "cult-like" devotion to home ownership and a resulting epidemic of bad real estate advice.

His new book, The Wealthy Renter, encourages young would-be buyers to stop and think about what they could be doing with their money instead. He spoke to Metro about why renting has gained such a bad rap.

What convinced you to write this book?

Home ownership is so broadly promoted that renting has become a four-letter word. A lot of young Canadians are feeling a lot of pressure to buy into home ownership, at the same time as house prices have been rising, debt levels are high and interest rates are low. It's a very tough time to understand the housing market.

What should people think about when they're deciding whether to buy a home?

It's really important to understand the total cost of home ownership. The mortgage is just a small fraction. When looking at how much the value of their home has gone up, homeowners tend

'Nothing appreciates like a house' is a huge

Renting isn't all bad

not to factor in the cost of renovations, maintenance and the interest they paid on a mortgage.

They simply say, "This is what I started with, this is what I ended with." If they had put that into a different investment, they may have done better.

If I'm a renter, where should I put my money? I know nothing appreciates like a house, but ...

"Nothing appreciates like a house" is a huge misconception. House prices have actually massively lagged the TSX composite (Canadian stock market index) over

the last 25 years. In fact, you would have delivered almost triple the amount of money buying into the TSX as you would have buying into the Canadian housing market.

Home ownership comes with a forced savings program in the form of a

mortgage. Renters need to replicate that through some other means. And many of those alternatives offer prospects for better returns than housing. It can be as simple as an automatic transfer into an investment account.

Many renters don't have

misconception Alex Avery, author of The Wealthy Renter

much, or any, money

to put aside

at the end of the month. Does your advice apply to them?

I think that it applies to all Canadians, and one of the really negative things about housing is that it's not a scalable investment. You can't just buy \$10,000 of a house. In Toronto, you have to buy \$500,000 or \$800,000 or a million dollars. In an exchange-traded fund or a mutual fund, you can do it a hundred dollars at a time.

Why do people want to own homes so badly? It's more than just a financial thing, it's a status thing.

It's a huge marketing campaign, by the real estate industry and by friends and family who may not understand other investments, and feel they've made a good choice by buying a home. The government of Canada is also a huge promoter of home ownership, and the reasons they do it are very good. But there isn't one prescription for everyone.

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Should you just invest in brands you know?

It's something financial planner Mark Coutts sees from time to time.

Clients come into his Toronto office and tell him they want to invest in a company's stock based solely on its brand-name recognition.

Often, it's an investment strategy he cautions against.

ust because you own an iPhone doesn't necessarily mean that Apple is the right stock for you. Just because you get a coffee every morning at Tim Hortons doesn't mean that's the right investment for you," said Coutts, an adviser at Sun Life Financial.

"It means you understand the product, but do you understand all the other factors you would normally consider when making any investment decision: the strength of the management, their competitive advantage, the maturity of the industry, the economic factors that impact that sector. Those are all factors you should bake into the equation."

The idea of investing in what you know has been touted by many, including legendary investor Warren Buffett.

The reasoning behind it is that people have a better grasp on what they're investing in if they understand the products or services of the company.

While owning a piece of large, well-known companies may be attractive to many, one of the risks investors can run into is missing out on the potential for An Apple customer illuminates himself at the iPhone 7 launch. Financial planner Mark Coutts says clients often want to invest in a company's stock solely based on brandname recognition. **GONZALO ARROYO** MORENO/GETTY IMAGES

only stick to the tried-and-true brands. With Apple, for instance, investors may want to buy the company's shares because they see the huge lineups out the door every time it launches a new product.

But getting in on the company now may be expensive, and there may be more growth opportunities if investors looks at smaller firms that may have a connection to Apple, such as its chip maker.

Coutts says buying into big, brand-name stocks also doesn't guarantee perpetuity, such as the cases of Bombardier and the now bankrupt Canadian tech firm Nortel Networks, which both saw their shares plummet.

But on the flip side, HollisWealth senior adviser Allan Small says that although investors may be drawn to new, emerging startups because they have more potential to grow — their longevity and returns are also not guaranteed. "You have to be really careful. Just because a young company has promise and potential doesn't mean it will shoot up and continue to go on forever," he said.

"Sometimes owning a company like that makes sense if you're an investor who can handle the risks associated with it. But for those who want steady and slow because they believe that's what wins the race — these bigger names may fit the bill."

Small says investors need to evaluate their risk tolerance, time horizon and goals with any investment strategy.

Avoiding home bias is another consideration, adds portfolio manager Adrian Mastracci.

For instance, some investors only want to invest in Canadian stocks and don't even consider American or international stocks.

Instead, he suggests diversification as a better guideline to follow for sound investment plans.

"That's the better approach as opposed to loading up on a particular stock because you think it's big," Mastracci said.

THE CANADIAN PRESS.

Gail Vaz Oxlade's Money Matters column will return next week.







Email: amber.pruden@imkgp.com



Winnipeg's Jonathan Toews is now 45-1-1 with Team Canada since 2006 after Saturday's 5-3 win over Russia in the World Cup semifinal

NFL EAGLES SPREAD WINGS OVER STEELERS

Wendell Smallwood of the Eagles carries the ball against the Pittsburgh Steelers in Philadelphia on Sunday. Carson Wentz threw for 301 yards and two touchdowns as the Eagles (3-0) ran off with a 34-3 victory. The rookie No. 2 overall pick connected with Darren Sproles on a 73-yard, catch-and-run TD and tossed a 12-yard TD pass to Jordan Matthews. A stanch defence shut down the Steelers (2-1). who averaged 31 points the first two weeks.

ALEX GOODLETT/GETTY IMAGES



Baseball loses one of its 'great young stars'

MLB

Miami's Cuban ace Fernandez dies in boat accident

Jose Fernandez escaped from Cuba by boat on his fourth try as a teenager, and when his mother fell into the Yucatan Channel during the journey, he jumped in and pulled her out.

Fernandez's heroic backstory made his death early Sunday that much more heart-wrenching. The charismatic Miami Marlins ace was killed in a boating accident at age 24

Fernandez and two other people died when their 32-foot vessel slammed into a jetty off Miami Beach, authorities said.

The capsized boat was found shortly after 3 a.m.

"All I can do is scream in disbelief," said Hall of Famer Tony Perez, a Marlins executive from Cuba. "Jose won the love of all. I feel as if I had lost a son."

Major League Baseball released a statement saying it was "stunned and devastated."

"He was one of our game's great young stars who made a dramatic impact on and off the field since his debut in 2013," commissioner Rob Manfred said.



Jose he to Fernandez life."

"Our thoughts and prayers are with his family, the Miami Marlins organization and all of the people he touched in his life."

GETTY IMAGES Fernandez was on a vessel that hit

a jetty near a harbour entrance, said Lorenzo Veloz of the Florida Fish and Wildlife Conservation Commission. The overturned boat remained in the water for several hours, its engines partially submerged as its nose pointed skyward, as debris from the crash was scattered over some of the large jagged rocks.

The names of the other two individuals were withheld pending notification of relatives.

Fernandez died from trauma and not drowning, Veloz said, who added there was no immediate indication that alcohol or drugs were a cause in the crash.

The boat was owned by a friend of Fernandez.

Last week Fernandez posted a photo of his girlfriend sporting a "baby bump" on his Instagram page, announcing that the couple was expecting its first child.

"I'm so glad you came into my life," Fernandez wrote in that post. "I'm ready for where this journey is gonna take us together." THE ASSOCIATED PRESS WORLD CUP OF HOCKEY

Europe sets up faceoff with Canada

Despite being an assortment of eight different countries, Team Europe's chemistry at the World Cup of Hockey hasn't been an issue.

That was on display Sunday afternoon when Tomas Tatar took a cross-ice pass from Mats Zuccarello and scored the winner in overtime as Europe beat Sweden 3-2 in the tournament's second semifinal.

"I don't think anyone wants us here in the tournament and now we're in the final," said Zuccarello. "I think it's something we're really proud of and it's fun to be here."

Tatar's second goal of the game — ruled a good goal after a video review — came 3:43 into extra time and set up a meeting with Canada in the final, which starts Tuesday night. The Canadians advanced after a 5-3



Mats
Zuccarello
GETTY IMAGES

victory over Russia on Saturday night.

Marian Gaborik had the other goal for Europe (3-1-0) while Jaroslav Halak made 37 saves.

es It's not the first time Team Europe

has stunned an opponent at this tournament. The team opened the World Cup with a surprising 3-0 win over the U.S and also beat Sweden in pre-tournament play on Sept. 14.

"It's very disappointing for us," said Sweden defenceman Victor Hedman. "We didn't play well enough, especially not today. I think we were working uphill, obviously being down 2-1, we get the tying goal and then we had some chances in OT." THE CANADIAN PRESS

🛑 IN BRIEF

Great rally nets Rory \$10M

Rory Molfroy finally won the FedEx Cup when he least expected it.

Moltroy was three shots behind with three holes to play Sunday in the Tour Championship. Nearly two hours later, he holed a 15foot birdie putt on the fourth extra hole to win at East Lake in a playoff and claim the \$10 million FedEx Cup bonus.

Mollroy won on the 16th hole, where his stunning rally began in regulation when he holed out from 137 yards for eagle. THE ASSOCIATED PRESS

Golf icon Palmer dies at 87

Arnold Palmer brought a country-club sport to the masses with a hard-charging style, charisma and a commoner's touch, At ease with both presidents and the golfing public, and on a first-name basis with both, "The King," died Sunday in Pittsburgh. He was 87.

Alastair Johnson, CEO of Arnold Palmer Enterprises, confirmed that Palmer died Sunday afternoon of complications from heart problems. THE ASSOCIATED PRESS.

Complete our online shopper survey at pulseresearch.com/winnipeg Pulse RESEARCH SURVEY You could win \$5,000!* *One winner will receive a cash prize of \$5,000. No purchase necessary. Contest is open to residents of Canada who are at least 18 years of age. The Contest is not open to residents of the province of Quebec. The Contest runs September 19, 2016 to October 31, 2016. Full rules and regulations can be found at pulseresearch.com/rules/metrosurvey.

RECIPE Carrot & Chickpea Stew



Ceri Marsh & Laura Keogh For Metro Canada

Fill your home with the amazing fragrance of this Moroocaninspired veggie stew.

Ready in 1 hour 5 minutes

Prep time: 5 minutes Cook time: 1 hour Serves 6

Ingredients

- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 The minced ginger
- This polive oil
- 3 cups carrots, chopped in 1/4. inch rounds.
- 1/2 tsp turmeric
- 3/4 tsp cinnamon
- 1 tsp chili powder 1 red pepper chopped
- 1/2 zucchini chopped
- 6 or 8 mushrooms chopped

2 cups of canned chickpeas,

1 cup chicken or vegetable stock

Directions

- 1. Sauté the onion, garlic and ginger in the clive oil until they're soft but not browned.
- 2. Add the carrots and the spices and a splash of stock to stop it. from sticking.
- 3. Cook for 10 to 15 minutes, stirring occasionally.
- 4. Add the other vegetables and sauté for a couple of minutes.
- 5. Add the drained chickpeas and stock and simmer for an hour, stirring regularly.
- Add salt and pepper to taste. Serve with a dollop of plain yogurt and some fresh cilantro.

FOR MORE MEAL IDEAS, VISIT

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. Grind grub 5. Unruly crowds 9. Ring

14. Libertine

- 15. Help with the bank robbery 16. Old alphabet-
- ic symbols 17. Bygone time
- 18. Tropical destination 19. Emergence
- 20. Light aircraft 22. Fond du _.
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- ary layers 41. Kitchen
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- 19th letter 53, Zodiac animal
- 54. 'Ideal' suffix
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61. Choir voice 62. Lettered/numbered balls game 63, 2009 Kate

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- ie musical 64. Docking spot 65. Stuffs with foodstuffs 66. Droops
- 67. Back talk DOWN 1. Horror mov-
- ie haunts "Whoopeel"
- 3. Galilean moon of Jupiter 4. Do a boohoo-hoo 5. "Finding Viv-
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60. Through

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* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 It's Monday — but it's a playful Monday for your sign. Accept invitations to party. Focus on creative activities, sports, the arts and romantic diversions. Stir up some fun!

Taurus April 21 - May 21 Focus on home, family and your private life today. In fact, a conversation with a parent or a female relative could be important for both of you. Go with the flow.

Gemini May 22 - June 21 A short trip and a chance to talk to siblings and relatives probably are on the menu for you today. This is a fast-paced, busy day full of errands and little tasks.

Cancer June 22 - July 23 Money and cash flow are on your mind today. Perhaps this is because you are redecorating at home and possibly exploring future real-estate opportunities.

Leo July 24 - Aug. 23 Because the Moon is in your sign today, why not ask the universe for a favor? For two days every month, the Moon is in your sign making you a little luckier than all the other signs.

Virgo Aug. 24 - Sept. 23 Work alone or behind the scenes today. Keep a low profile. It's just that kind of day.

Libra Sept. 24 - Oct. 23 Interactions with a female friend will be important today. You might want to share your hopes and dreams for the future to get others' feedback.

Scorpio Oct. 24 - Nov. 22 A discussion with a female authority figure (boss or parent) will be significant today. At the very least, listen to what is said. (You never know where you will next hear some wise advice.)

✓ Sagittarius Nov. 23 - Dec. 21 Travel will appeal to you today, because you want to broaden your horizons. Make an effort to learn something new. Go someplace you've never been before.

Capricorn Dec. 22 - Jan. 20 Address issues related to inheritances and shared property today so that you are caught up with red-tape details. Don't let this stuff fall behind.

Aguarius Jan. 21 - Feb. 19 Conversations with partners and close friends will be significant today. Be prepared to agree and go along with what's being proposed.

Pisces

Feb. 20 - March 20 Do samething to feel better organized today. Set aside 10 or 15 minutes to tidy up your scene or get rid of something you no longer need. Streamline your space!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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FRIDAY'S **ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

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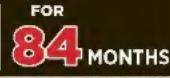
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